

# SUMMER NEWSLETTER 2023

<http://thevillagesurgeriesppg.co.uk/>

The Village Surgeries PPG

## Message from the Surgeries

After 34 years at the Village Surgery, Dr. David Ingram retired at the end of last year. In May, Dr Katharine Solomons left after 24 years.

However two new doctors have taken on GP roles at the Surgery and they are Dr. Emma Wright and Dr. Louise Plumtree. We wish them well and hope they also stay for a few decades too! The Surgery currently have no plan to recruit further GP staff.

Why not visit our New website  
[www.thevillagesurgeries.co.uk](http://www.thevillagesurgeries.co.uk)

GET ACTIVE!

# Harpenden Health Walk

## Saturdays

29<sup>th</sup> July 2023

19<sup>th</sup> August 2023

30<sup>th</sup> September 2023

1pm

*Everyone is welcome!*

The walk is around 45-60 minute duration.

Meeting on Leyton Green, outside Village Surgery  
8 Amenbury Lane, Harpenden, AL5 2BT

Refreshments can be purchased after the walk  
finishes at Eric Morecambe Centre, Leyton Road  
Harpenden, AL5 2FR



Check our Facebook page for updates:



Harpenden Health  
PCN

Davenport House Surgery  
The Elms Medical Practice  
The Village Surgery

NHS

# FREE MINDFULNESS

## TASTER SESSION

CONNECT  
WITH OTHERS

PHYSICALLY  
ACTIVE

LEARN  
NEW SKILLS

BREATHING  
EXERCISES

GIVE  
TO OTHERS

BE PRESENT  
IN THE MOMENT

Sign up for one  
free Saturday  
Taster session  
29<sup>th</sup> Jul / 12<sup>th</sup>  
Aug / 19<sup>th</sup> Aug  
2:30 to 3:15 pm

Speak to  
reception to  
book in today

### Exciting new role

Our PPG is changing! We are seeking to increase our activity so that we better represent the views of all patients of the surgery.

To do this we need the help of someone with marketing and communications experience. This is a great opportunity for the right person to not only showcase their skills but really help the health of the local community.

For further details please see:

<https://thevillagesurgeriesppg.co.uk/commssupremo/>

Closing date for applications is 31st August 2023.



**RIBBON CANCER  
SUPPORT GROUP**  
Living With And Beyond Cancer

## Help For cancer patients

If you have had a cancer diagnosis, there is a support group to meet others who have had similar experiences. This is a safe and welcoming environment that meets every Wednesday between 1.30 and 3.00 at the Harpenden Trust Halls, 130 Southdown Road.

Contacts:

PPG e-mail:

[chair@thevillagesurgeriesppg.co.uk](mailto:chair@thevillagesurgeriesppg.co.uk)

Webpage

<http://thevillagesurgeriesppg.co.uk/>